DIG
MAGAZINE
Los Alamitos Gardens
Veterans at the Beach
DECEMBER 2014

EDITOR'S NOTE

BY DANIEL GOLDSBARY

The fall semester is coming to a close, and the holiday season is here. But it's easy to forget to enjoy it, especially when deadlines are being thrown at us left and right. So take a moment, breathe, and relax with this issue of Dig.

Walk with us through Rancho Los Alamitos, a place of natural beauty so close to campus you almost wouldn't believe it's there, and learn about the history of our region while enjoying the beautifully maintained gardens. Stroll down Long Beach's Retro Row, on Fourth Street near Junipero Avenue, and appreciate its character while searching for that perfect holiday gift. Pick from the numerous snow season activities Southern California has to offer.

Then take a seat at Urban Table, a new restaurant that opened its doors on Second Street just a couple of months ago. Learn more about the veterans who served our country and are now pursuing their education here at Long Beach State from an interview with Dr. Marshall Thomas, director of the Veterans Services Office on campus. And find out what CSULB students plan to do once the academic whirlwind we call finals is over.

Whatever you do, have a great winter break!

We would love to hear what you think. Send us your comments about the issue at digmageditor@gmail.com.

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Cover Photo BY: Carli Critchfield

DIG NOW

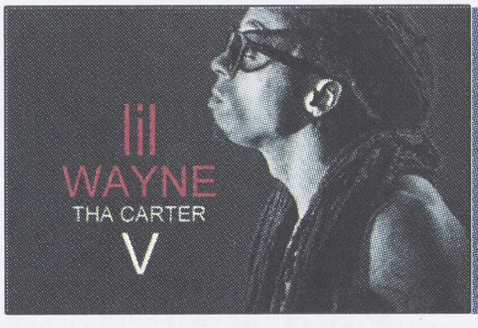
A plethora of characters from children's stories come together in Disney's *Into the Woods*. The story follows an evil witch, played by Meryl Streep, who takes it upon herself to teach those characters a lesson. The film will hit theaters on Christmas day and also stars Johnny Depp, Anna Kendrick and Emily Blunt.

Ben Stiller returns as Larry Daley in the third and final installment of the *Night at the Museum* trilogy. Larry must rally his historic friends to find a magical tablet to save the magic of the museum. The film also stars Owen Wilson, Ricky Gervais and the late Robin Williams. *Night at the Museum: Secret of the Tomb* opens on December 19.

The Hobbit: The Battle of the Five Armies is the third installment in *The Hobbit* series. Sauron returns to Middle-earth with full force and unleashes his his army of orcs to attack anyone and everyone in their way. Peter Jackson returns as director for the film set to be released on December 17.

Charli XCX will release *Sucker* on December 16 after pushing the release date back due to the huge success of her single, "Boom Clap." Her new single, "Break the Rules," is currently climbing the charts in hopes of the same success as its precedor. Charli XCX will perform on ABC's *Dick Clark's New Year's Rockin Eve with Ryan Seacrest* to ring in 2015.

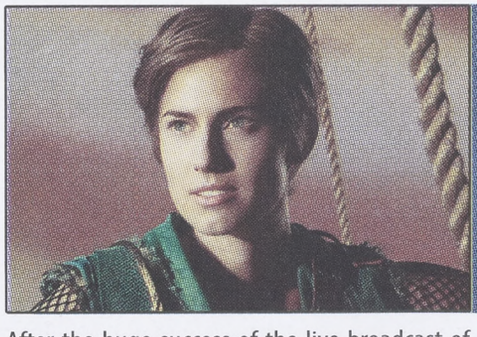
AC/DC's Rock or Bust will mark 15 internationally released studio albums for the 41 year-old band. It is set for a Nov. 28 release in Australia, but will be available to purchase everywhere else on Dec. 2. Produced by Brendan O'Brien, Rock or Bust will be the band's shortest album ever released.



Lil Wayne is ending his solo career with his new album, *Tha Carter V*. However, the album will be released in two parts, with the first part being dropped on December 9. The 15-track first half will include guest features from Justin Timberlake, Christina Millian and Big Sean as well as a few other artists. A release date for Part 2 has not been announced.

One Direction will star in their own Christmas special titled *One Direction: The TV Special*. Expect performances of songs from all four of their albums, including their latest, *Four*. Though not confirmed, fans are hoping for covers of cheesy Christmas songs in the special. The show will air December 23 on NBC.

After 14 years on BET, the staple show, *106 & Park*, will air its final TV episode. The show is not over, though. It will continue to air TV specials on the network including a New Year's special. The show will continue airing new regular episodes on the BET website. The final episode of *106 & Park* airs on BET December 19.



After the huge success of the live broadcast of *The Sound of Music* last year, NBC is producing another live broadway show. *Peter Pan Live* will air for one night only and is expected to be one of NBC's highest rated shows. Allison Williams will star as Peter Pan and Christopher Walken as Captain Hook. The show airs December 4.

AN URBAN ESCAPE

A NEW ADDITION TO BELMONT SHORE

BY Julie Chung

You open the doors to a wide, spacious café that has friendly staff ready to take your order. Located at the corner of Argonne and 2nd Street, Urban Table brings new flavors to Long Beach with their gourmet foods for breakfast, lunch and dinner. The café's roomy structure and modern interior designs take you to a comfortable and welcoming place away from the business of 2nd Street, where you can enjoy a great meal without breaking your wallet.

It's unfair, really, to call Urban Table a café. It's a combination of a café, market, deli, and catering service, all in one convenient location. Co-owners Carolyn Baer and Sam Isaac opened Urban Table this past September.

Photo by Joana Villegas

Photo by Joana Villegas

Although the owners are Long Beach locals, they never got the chance to explore Belmont Shore because their business has been in LA. Now that Long Beach has become a little more familiar to the owners, they plan to participate in the next Stroll and Savor in Long Beach.

The owners are currently working to expand their menu. They're also waiting for their beer and wine tavern license and hope to add a really nice selection of wine to have with your meal.

Urban Table puts a lot of thought and effort into each dish on their menu. Not only is everything cooked to perfection, but is made with fresh ingredients that won't make you feel sluggish after a meal.

For first-timers, Baer recommends getting the daily specials. Urban Table allows you to customize your dish anyway you'd like, and also provides gluten-free and vegan options if you are health conscious.

"We [recently] did homemade fish and chips, but everything that is a daily special, I would highly recommend," Baer said. She also recommends their signature dish, the smoke-barbeque brisket sandwich.

If you are looking for a delicious, hearty breakfast, the Brie omelet with arugula, caramelized onions, Gruyere with hash browns and toast, is an absolute must-have. The caramelized onions add a soft, sweet, and juicy taste that nicely balances the cheese in this dish.

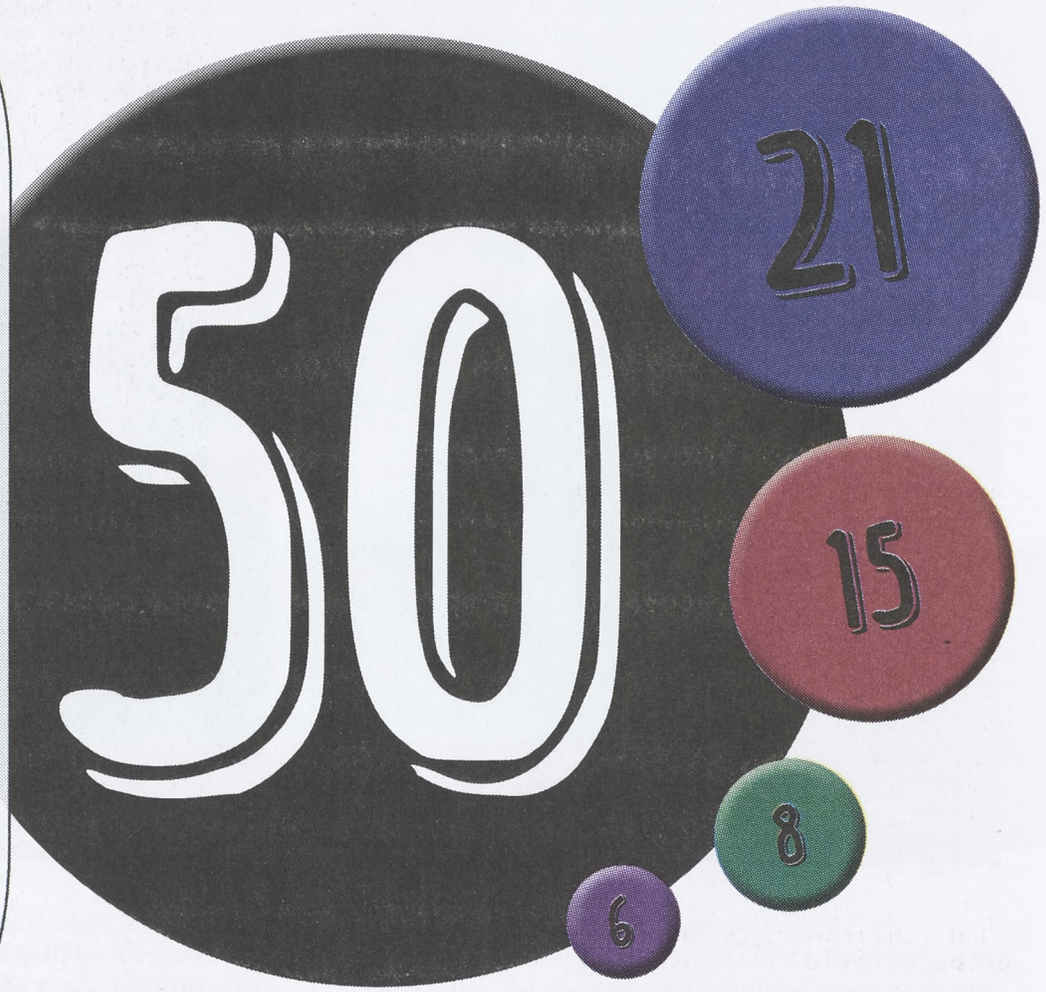
Urban Table's breakfast hours are from 9 to 11 a.m., and lunch and dinner hours are from 11 a.m. to 9 p.m. Sunday through Thursday, and 11 a.m. to 10 p.m. Friday through Saturday.

It's about time Belmont Shore got a good and affordable breakfast spot, and Urban Table delivers just that. They also have a bakery and coffee bar for those with a sweet tooth, or for those in a rush in the morning and need something to go.

WHAT ARE YOU LOOKING FORWARD TO AT THE END OF FINALS?

DIG Magazine writer Ever Diaz took a survey of 50 Cal State Long Beach students to see what they are looking forward to the most at the end of finals. Out of the 50-person poll, 21 said they are looking forward to sleeping and relaxing, 15 people said they have a job waiting for them after finals, eight people were looking forward to vacation and travels, and six people have already planned events for next year.

Of those six people, senior journalism and public relations major Megan Gilbreath said, "I am going to see Usher before finals, so that will be a nice taste of a break. Once December hits I know I'll for sure be going ice skating. I did find a cheap horseback riding offer, so I might do that in January. And once February hits I have tickets to see the Harlem Globetrotters."



"I'M GOING TO HEAD TO MEDELLIN, IN COLOMBIA, FOR THREE WEEKS. I LOVE TO STUDY PEOPLE, HOW THEY LIVE, HOW THEY WORK. I TRY TO VISIT A NEW PLACE EACH YEAR."

John Zarate
Junior, Sociology

"I'M PROBABLY GOING TO GO TO OHIO. MY PARENTS LIVE THERE. ALSO, I THINK I'M GOING TO VISIT LAKE HAVASU. THERE'S A HUGE COLLEGE PARTY THAT GOES ON OVER THERE."

Herman Singh
Sophomore, Economics

"I'M GONNA GO TO A TOOL CONCERT. I LOVE SEEING LIVE MUSIC, AND SOMETIMES TRY TO SEE A BAND."

Michael Cruz
Junior, Accounting

VETERANS AT THE BEACH

PROVIDING SERVICE TO THOSE WHO SERVED

BY Nik Bates

CSULB was named a Military Friendly School by G.I Jobs magazine for the sixth straight year this September. To learn more about the campus' efforts to help student veterans as they transition from military to civilian life, we spoke to Dr. Marshall Thomas, director of the Veterans Services Office on campus. The veteran of the Marine Corps is also a three-time Long Beach State graduate – he received his bachelor's, master's and doctorate degrees from CSULB.

Photo by Ariadna Vazquez
Veterans Day Celebration at CSULB 11/7/2014.

Give me a brief overview of the goals of Veterans Services and what is available here.

The first is benefits certification. We want to make sure that student veterans receive their G.I. Bill benefits and that they are passed on to their dependents as well. Outreach is really important, where representatives go out to local community colleges and education fairs to help bridge the gap between community college and the university.

What is Vet Net Ally?

Vet Net Ally is a faculty and staff awareness program that covers military culture, why people join, transitioning issues and the identity issues that surround being a veteran. Whenever you see the Vet Net Ally logo on an administrator's desk or a professor's syllabus, that means they have attended the session.

What is the most important thing you want veterans to get out of CSULB?

The most important thing is that they graduate. We talk a lot in higher education about access; it's not easy to get into CSULB. We have a lot of people apply, and not so many get in. But most important is that if you get the access, you have to have the success to follow. I want people to graduate with a degree that's going to let them go out and get a job and to have a rewarding and profitable career. There's nothing worse than seeing people come in and not make it.

Is there a common struggle or experience that all veterans should know they share?

I've talked to veterans at multiple colleges and universities about their experiences and transition issues. Many times, they are offended that younger students who followed a more traditional route are not as respectful to professors and respectful to the rules as they would like to see.

The veteran sits in class and they are very focused on pursuing their education. They respect the position of the person standing in front of the class, and they often see students texting, or on Facebook during class. That tends to be one of the most difficult things they experience. It's a culture shift; the culture of the university and college isn't the same as the military. The veterans have to change their expectations of the people around them in order to feel comfortable—and they do find that very frustrating.

Was it any different before you got here? Were there any changes you wanted to make coming in?

Yes and yes. It was different, but it was different because it was really new when I came in. Like a lot of colleges and universities, there was no office for Veterans Services until the post 9/11 G.I. Bill passed in 2009, and that was the case here as well. We had someone who did the certification, but they didn't do anything beyond that. With the post 9/11 G.I. Bill being passed in 2009, an office was created to serve veterans.

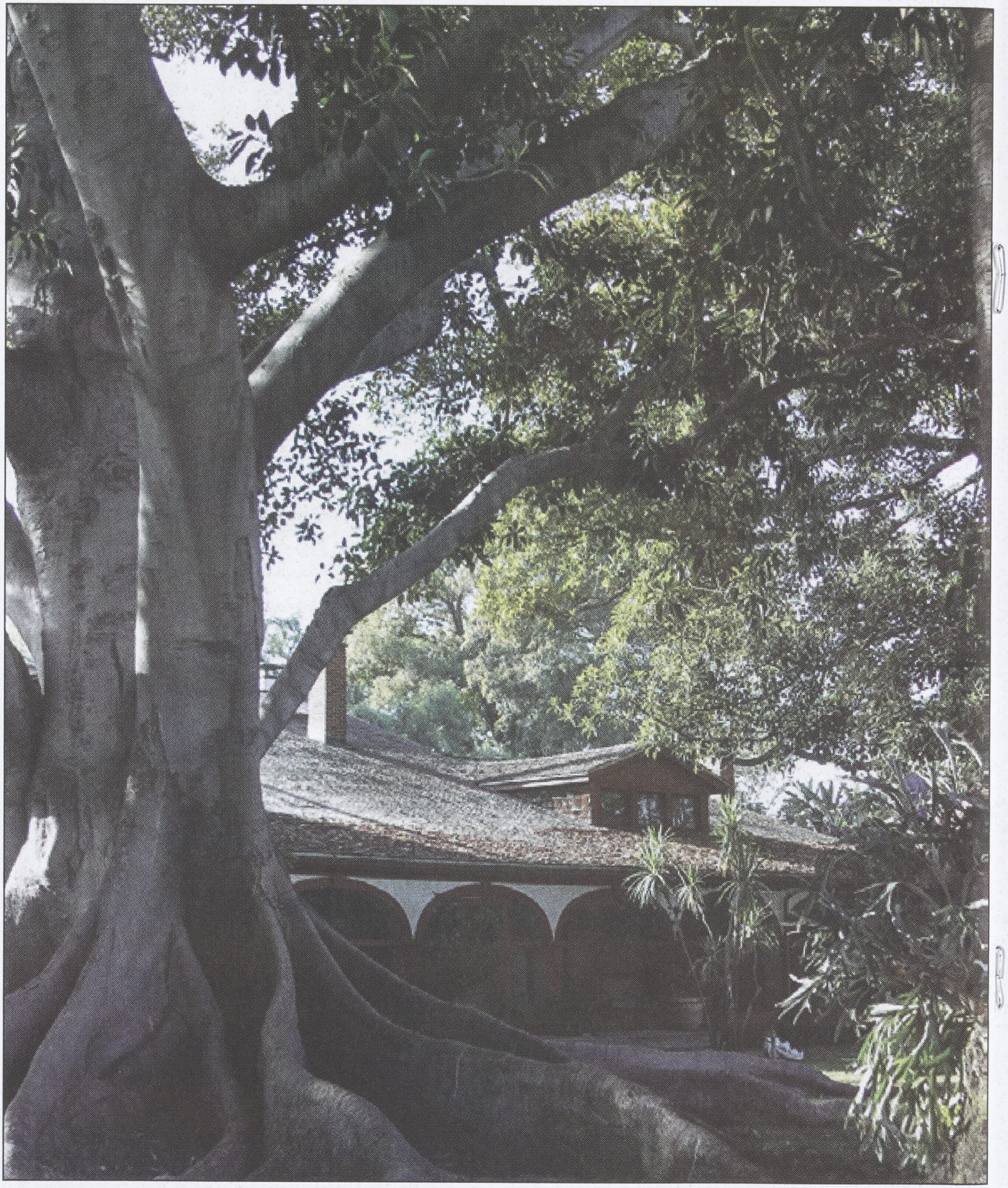
My predecessor did a great job in getting the whole thing started, defining what Veterans Services needed to be like on campus. They started doing outreach to community colleges, and looking at veterans as a special population of students.

In some ways it's sad that we didn't have Veterans Services, not just here, but anywhere. I mean, we've had veterans since 1775, and it's unfortunate we didn't serve them at schools. Veterans Services is a field that has really grown a lot over the past five to six years.

So the groundwork was there and you built on that?

When I took over, the foundation was there. My predecessor was really big on admissions and getting people in. Now that they're getting in, we're looking at what can we do to make sure they are successful. That's why we have the expanded role of advising. We are now able to get people to the learning assistance center and get tutoring. We are continuing the connection with Disabled Student Services, the Counseling and Psychological Services, and the Career Development Center. It's really building and strengthening our ties with the other services on campus.

Our campus has a history of doing a great job with EOP students, disabled students and athletes. We're not creating anything new, just duplicating what works well in other places. Those partnerships are really valuable.



The front of the house that is on the Rancho Los Alamitos Gardens property. You're able to take a tour and go inside.

The Rancho room inside the building when you first enter the gardens, where you can sign up for a tour.

The Secret Gardens

Story and Photography By Carli Critchfield

Long Beach is a city of many things; it has so many things to offer and so many hidden treasures. One of them is The Rancho Los Alamitos. Less than a mile away from campus, you can come to this beautiful ranch and multiple gardens and feel like you are somewhere else completely.

Founded in 1790, the property used to be 300,000 acres, much more than the seven-and-a-half acres it currently is. The land was originally given to Manuel Nieto in 1790 but was handed down over time. The last private owners donatedthe ranch to the City of Long Beach in 1968, making the land open to the public and into what the Rancho Los Alamitos is today.

Left: A lonely bench along the geranium walk.
Right: The cutting garden holds herbs and vegetables and other different plants and flowers.

The barn, gardens and the ranch house have gone through some restorations to get to the great condition that they still stand in. The barn and Rancho Center were originally built in 1948 and underwent some restoration just two years ago. The ranch house is open to the public; however, you have to take a tour to get inside.

There are multiple gardens on the property, ranging from a cactus garden to a rose garden. The rose garden is breathtaking, and I can only imagine what it looks like in the spring. Each garden has something different to offer and gives you a little feeling of nostalgia, especially the rose garden. It reminded me of something out of "The Secret Garden" novel.

This place cannot be described in words. I recommend that everyone go and take a look. It's completely free, unless you want to buy something from the gift shop. You can take a tour, just wander around yourself, or both. It takes you right out of the city without having to really go anywhere.

The entry way to the rose garden.

Top: Entryway to the Friendly Garden.
Left: The walk-way into the Cactus Garden.
Top Right: Over grown lily pads in the Cactus Garden.
Bottom Right: A cactus posing as a flower in the Cactus Garden.

Trendy, Thrifty, and Thriving

Affordable gifts from Retro Row

Story and photos by Sara Berkson

We've all heard that one man's trash is another man's treasure. But have you ever thought that maybe one man's trash could be another man's gift? Many of us college students know what it means to struggle with money, eating Top Ramen and living paycheck to paycheck. The holidays can be extra stressful when you're trying to come up with an income to buy presents for your family and friends. The solution? Thrift shops. On top of being inexpensive, the finds in thrift shops can be interesting and cool. We took a stroll down to Long Beach's Retro Row, the stretch of Fourth Street between Junipero and Cherry Avenues, to check out the shopping possibilities.

First stop:
The Feed Store

This is a great place to go for pretty much anything vintage, from clothing to jewelry to kitchen goods and kids' toys.

A lot of their merchandise looks really old – and is really old – and could spark a memory or two.

This is the kind of place where you could find something for anyone.

On to the next location:
Assistance League Thrift Shop

This place would probably be a good place to find something for your parents, or your grandma and grandpa.

Head to the left when you walk into the store and you'll find racks filled with sweaters, dresses, and jackets from upscale designers like Calvin Klein.

Search the shelves of housewares, and you might discover a pretty china teapot and teacups.

After that: Goldie's

Goldie's isn't a thrift store, but everything in it looks vintage and the prices are reasonable.

It carries items like camera straps and wallets made from recycled material like old car upholstery, along with makeup, sunglasses, jewlery and cute clothes.

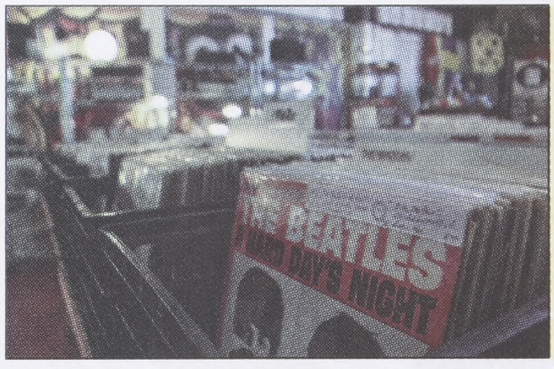
It's a great place to get a gift for the trendy ladies on your list.

Inretrospect is next.

This is one of those huge vintage shops with a little bit of everything: clothes, housewares, furniture, purses, cameras, appliances, knickknacks – you name it.

In the back, there are several tables full of records. I'm pretty sure they have any vinyl record you could ask for, and maybe even the player to play it on.

The dudes on your list will get a kick out of anything in this store.



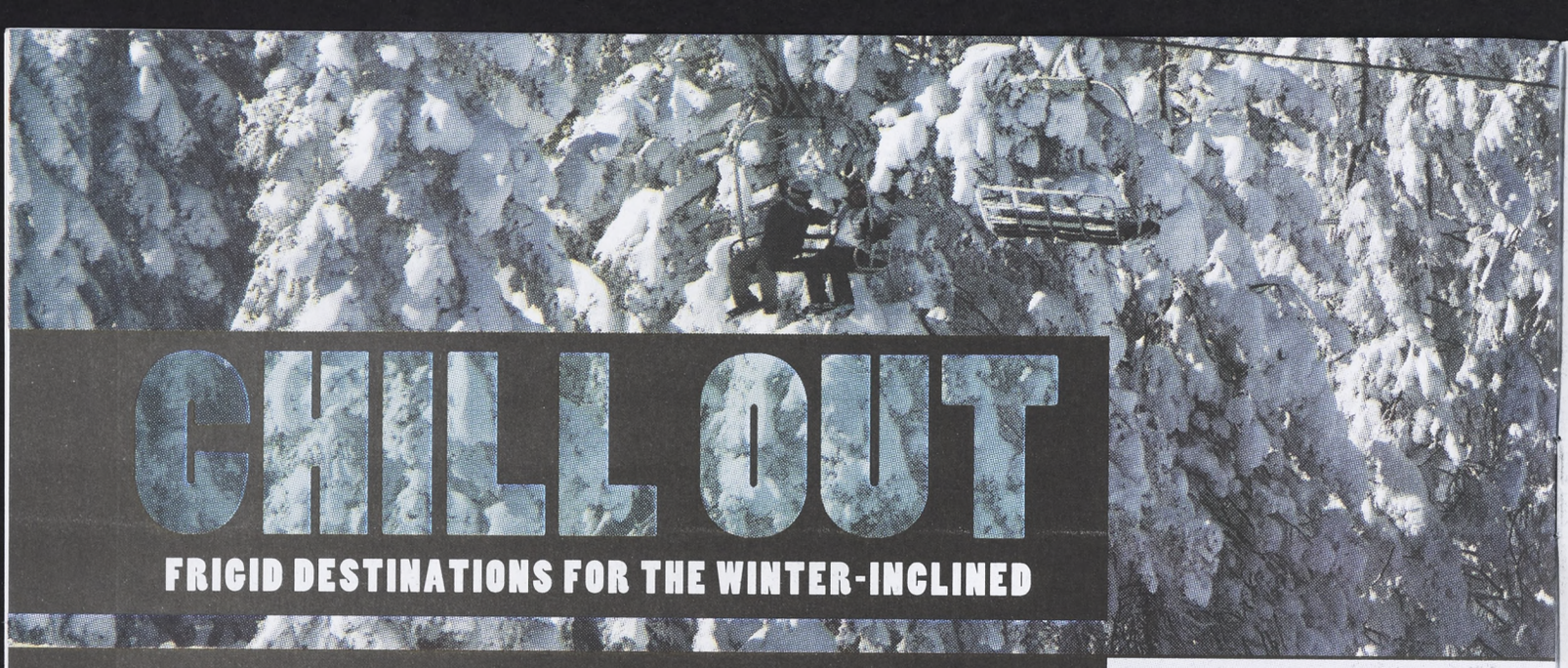
Last stop:
La Bomba

This might be the most interesting place on our list just because of the store's organization skills – or, actually, lack thereof. Basically, you fish for clothes.

In the back of the store, there's a mountain of clothing that you can climb on and dig for treasures. Everything is dirt cheap in those piles. If you have the time to go through everything, there's a good chance you'll find something good.

Once your shopping is done:

Stay on Fourth Street and treat yourself. You can use the money you saved for a glass of wine at 4th Street Vine, a movie at the Art Theatre, a cappuccino at Portfolio Coffeehouse or noodles and beer at Number Nine.



CHILL OUT

FRIGID DESTINATIONS FOR THE WINTER-INCLINED

By Brianna Flores

With our beaches, surf and nearly year-round sunshine here on the California coast, the snowy mountains, skiing and snow tubing may seem far away. But one winter wonderland is closer than you might think.

Mountain High in Wrightwood, and is about 70 miles from Cal State Long Beach. It's the perfect destination for someone who wants to spend some time on the slopes but can only commit to a day-trip.

This winter resort features an enormous machine that generates snow at night and three separate mountains with slopes ranging from novice to expertise. Each mountain features restaurants, rental departments, ticket booths and sport shops, making it easier for visitors to choose the area that suits them best, without feeling obligated to start at one side first.

Mountain High is also home to the largest snow tubing park in Southern California. Located on the north side of the resort, the park features up to 10 open lanes that costs $35 for an entire day – tubes included.

For those who want to enjoy scenic sunsets and starry skies while skiing or snowboarding down the mountain slopes, night lift tickets allow you to ski between 5 and 10 p.m.

Temperatures at Mountain High resort are normally between 20 and 30 degrees colder than in the city. You can check the current weather and get more information regarding rental prices, hours of operation, ticket purchases and directions at mthigh.com or (888) 754-7878.

HERE ARE THREE MORE FUN ACTIVITIES TO ENJOY THIS WINTER:

1

Snow Drift: The oldest snow tubing park in Southern California, Snow Drift in San Bernardino National Park, is approximately 65,000 feet above sea level. It's dedicated to snow tubing and features easy, inter mediate and advanced slopes. Coffee, hot chocolate, hot dogs and other refreshments are also available. $12 per person, per hour. *snowdrift.net*

2

Outdoor Ice Skating Rinks: There are a number of outdoor ice skating rinks within a day's drive of Long Beach. One of the most beautiful, Skating by the Sea at the Hotel Del Coronado (hoteldel.com), allows visitors to skate while enjoying picturesque views of the Pacific and Coronado Beach, and is open through Jan. 4. The L.A. Kings Holiday Ice Rink at the Nokia Plaza in L.A. Live (lalive.com) is open through Dec. 31, and general admission is $13. Skate Spectrum (*skatespectrum.com*) an intimate rink inside the Irvine Spectrum, sits in front of a lit Ferris wheel and is open through January 1. Admission, which includes rental skates, is $18.50.

3

CHILL: The Queen Mary turned into an arctic amusement park on Nov. 21, featuring more than two million pounds of ice sculptures within a 14,000-square foot igloo, the 6,500 square foot ice rink and the 100-foot long ice tubing mountain. Guests are encouraged to wear the parkas provided to protect against the 9 degrees Fahrenheit temperature maintained inside. Food, beverages and entertainment are also available. Tickets start at $34.99 at *queenmary.com*.

DECEMBER 2014

MUSIC

3 The Green – El Rey Theatre
7:30 p.m. – Los Angeles - $22

4 Angel Olsen – El Rey Theatre
9 p.m. – Los Angeles - $18

5 Ryan Hemsworth – Fonda Theatre
9 p.m. – Los Angeles - $22.50

6 Dr. John & The Nite Trippers
Royce Hall - 8 p.m. - $19

8 Cannabis Corpse – Echoplex
Los Angeles – 8 p.m.

11 Allah-Las – El Rey Theatre
9 p.m. – Los Angeles - $20

12 Kina Grannis – Fonda Theatre
Los Angeles - 9 p.m. - $20

15 Girlpool – The Echo
Los Angeles – Free – 8 p.m.

21 Dillon Francis (DJ)- The Shrine
Expo Hall- 9 p.m.- $50

30 SKA Luau V- The House of Blues
Anaheim – 8 p.m. - $13 and up

SPORTS

2 Boston Bruins vs. L.A. Kings
7:30 p.m. – Staples Center

7 New Orleans Pelicans vs. L.A. Lakers
6:30 p.m.– Staples Center

10 Edmonton Oilers vs. Anaheim Ducks
7 p.m. – Honda Center - Anaheim

ARTS

13 Chris D'Elia – The Wiltern
6:30 p.m. – Los Angeles - $42

24 RESPECT Thursdays - 21+
6510 Santa Monica Blvd, Los Angeles
10 p.m. - $10 presale, $15 at the door

26 Edmonton Oilers vs. Anaheim Ducks
Funky Sole Night - The Echo
(Every Saturday night)- 10 p.m.
Admission is FREE before 10:30 p.m.
$5 after.

HIGHLIGHTS

9 **Sports – Sacramento Kings vs. L.A. Lakers
Staples Center – 7:30 p.m. – Los Angeles**

14 **Music – KROQ Almost Acoustic Christmas
The Forum – Inglewood - $75**

16 **Queen Mary CHILL (mid November through January) - Queen Mary
$15 for kids, $20 for adults plus ice skating and tubing rentals for $10 each.**

23 **Theatre: WICKED - Hollywood Pantages Theatre - (Dec 10 - March 15) - 8 p.m.
Ticket prices vary.**

OTHER EVENTS

1 ICE at Santa Monica- (Nov. 18 -Jan 19)
1324 5th Street, Santa Monica, CA
$12 for skates and $5 for lockers.

17 Newport Beach Christmas Boat Parade
Newport Harbor – 6:30 p.m. - FREE

18 Hollywood Club Crawl- (Every Friday and Saturday) - 10 p.m.- starts at St. Felix bar on 1602 N. Cahuenga, then the group is escorted to 3 more venues.

28 2015 Rose Parade Float decorating
Rose Bowl Stadium in Pasadena
9 a.m. - $10

31 Downtown Long Beach New Years Eve Block Party - Pine St. and Broadway Ave.
8 p.m. - $15 for the block party, but the waterfront celebration is FREE.

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